

# Family Care Policy for Sailors Updated

Prior planning for family care is essential to combat readiness, by ensuring Sailors and their families are prepared for deployments and ready to execute their military and professional duties.

To provide Sailors clear guidance for developing reliable family care plans and to assist commands in creating effective family care programs, the Navy recently revised the Family Care Policy instruction (OPNAVINST 1740.4B).

Several topics included in the checklist are:

- Financial preparations, such as establishing allotments, fund transfers, and/or automatic bill pay.
- Logistical concerns, such as family contacts, school arrangements, use of government services, etc.
- Medical/Dental information, such as location of records, names of providers, medication requirements.
- Legal provisions, such as wills, powers of attorney, ID Cards, social security numbers and insurance policies.

The instruction requires Sailors to arrange for support of their family members during deployment, normal and extended working hours, TAD (Temporary Assigned Duty) assignments and weekend duty, regardless of whether the Sailor is on shore or sea duty.

The Navy Family Care policy applies to all Navy personnel, active and reserve, who are single parents or part of a dual military couple with custodial responsibility for family members. It also applies to Sailors who are the sole caregiver of another person.

NAVADMIN 037/04 has more details. It is available online at [www.bupers.navy.mil/navadmin/nav04/nav04037.txt](http://www.bupers.navy.mil/navadmin/nav04/nav04037.txt).

For more information on the Navy's Family Care Policy, please visit the Office of Women's Policy Web site at [www.bupers.navy.mil/pers2/N134/](http://www.bupers.navy.mil/pers2/N134/).



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